

Brooklyn Heights Synagogue (BHS) Homeless Shelter
131 Remsen Street (Lower Level), Brooklyn, NY 11201

COOKING GUIDELINES 2017-18

*On behalf of Brooklyn Heights Synagogue and our guests, **thank you** for preparing a meal for the BHS Shelter. Your generous donation of time, money and culinary skills allows us to provide our guests with nutritious and delicious meals in a homey setting.*

If you are unable to fulfill your commitment to cook: Please contact a Coordinator **immediately**, and please make every effort to find a replacement or order food.

What should I cook?

We ask that you provide a *balanced meal, including a main dish and one or two side dishes*. The guests are always happy to get *fresh bread and dessert*, as well. Our guests really appreciate your home cooked food, especially if it is something different from what they are used to getting at the typical shelter/soup kitchen. That is to say, it is best to avoid most bean, rice and pasta dishes unless they contain meat and/or vegetables.

Menu Guidelines:

- No shellfish or pork products.
- Meats need not be kosher, and it's okay to mix meat and dairy.
- Simple, nutritious meals, emphasizing proteins and vegetables, are best.

What we have in stock:

- The Shelter refrigerator and pantry are always stocked with salad dressings, margarine, butter and condiments such as mustard and ketchup.
- Juice, milk, coffee and tea are always in stock as well; you do not have to provide beverages.
- Our pantry is always stocked with non-meat alternatives to accommodate vegetarians.

If something comes up and you cannot cook that day:

- You can arrange for food to be delivered from a local restaurant (reminder – NO PORK OR SHELLFISH). Arrange for take-out food to arrive at 8:00pm (later time takes into account that the food does not have to be heated).
- Please alert your evening coordinator to expect the delivery.

How much food should I make?

CAMBA (the social service agency we work with) sends us 10 men, so please make enough food to feed 12 – our guests and the 2 overnight volunteers. **Please make enough food. The men are usually hungry and sometimes this is the only real meal they have all day.**

A note about salad – Our guests appreciate salad, but they take a small amount, and some do not eat salad at all. Please do not send too much salad. Large salads end up getting tossed out.

Do I cook in the Synagogue?

Volunteers almost always cook at home. If you would like to use the Synagogue kitchen, ask the Coordinator (Anne) to find out when the kitchen is available.

When should I bring the food?

No later than 6:30 pm on Sundays or 7pm other days.

On **Sundays**, it can be dropped off between 10am and noon when the building is open for religious school, or at 6:30pm when the building opens for the shelter.

On **Holidays**, it should be delivered at 7:00pm when the Evening Coordinator opens the building for the Shelter.

Other days, food can be delivered anytime during the day.

If dropped off early in the day, please put it in the Shelter refrigerator, NOT the larger BHS refrigerator.

Please label clearly, noting contents, date it is intended for, and reheating and/or serving instructions. It should take no more than 30 minutes to reheat/assemble the meal for serving.

Do I serve the food?

If you want to serve the food, please advise Anne Landman as far in advance as possible because sometimes students or families have already signed up to help set up and serve dinner.

Contacts – Shelter Coordinators

Anne Landman: landman798@gmail.com; 917-514-2696

Sasha Burgansky: sburgansky@gmail.com; 646-242-3334

Some Menu Suggestions

- Roast chicken, breaded or grilled chicken cutlets, pot roast, London broil, turkey breast and stuffing, veal cutlets, meatloaf, brisket
- Fish (they love salmon and breaded fish and rarely get it)
- Meat chili, meat lasagna, pepper steak
- Meat or poultry stews
- Chinese stir fry and rice
- Mexican